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An Paper March 12th 1827
W. S. No.

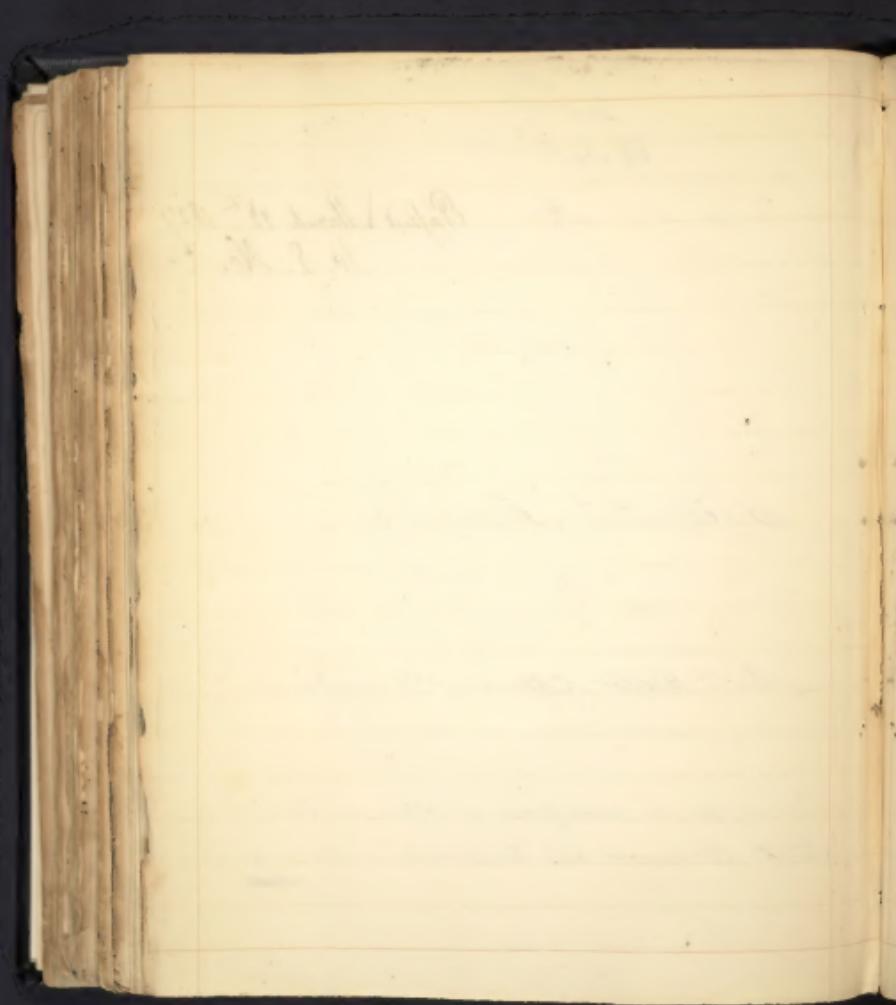
Essay on

Sympathetic Indigestion

by

John P. Hester of Reading, Pennsylvania.

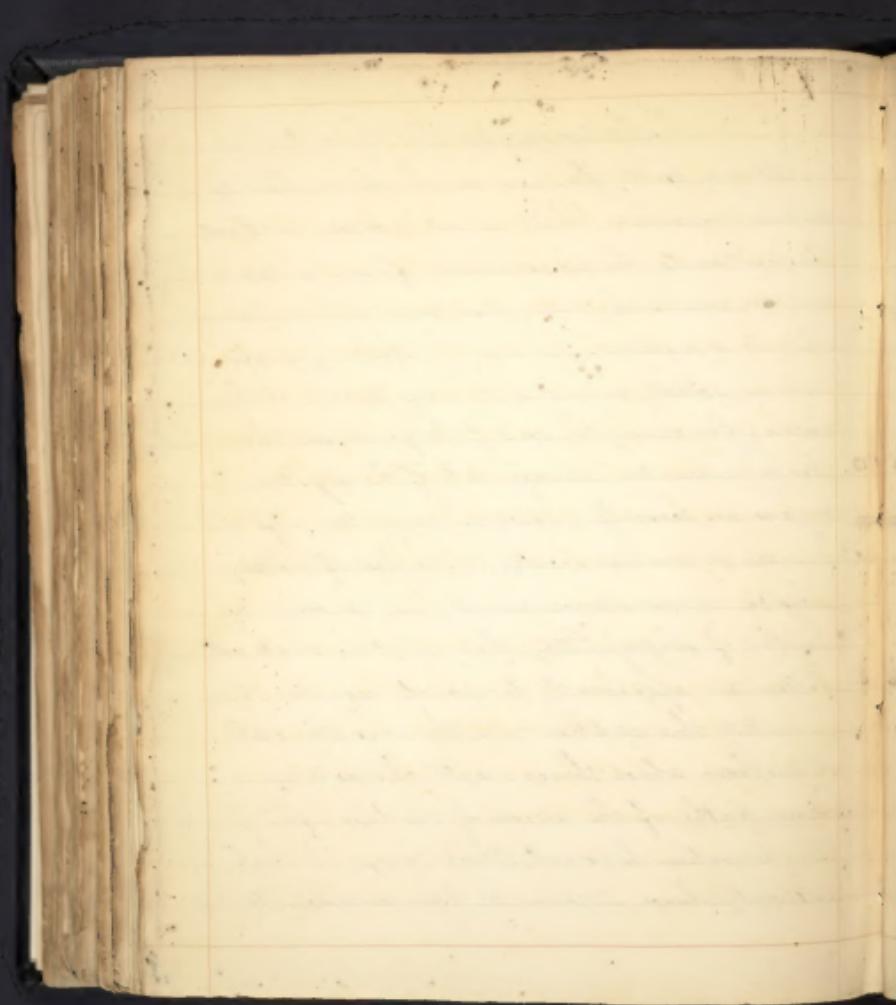
"Hypocrite, for the small peevish, is nothing else but a substitute for vicious and tempestuous" Spec. no 195



+ Johnson on the Influence of Scenic Life &c

Introduction.

It is a truth, founded on the firm basis of extended experience that, diseases increase in direct proportion to the advancement of civilization, - and to none is this observation more applicable than to indigestion. luxury, the offspring of refinement in society, indeed, is the very parent of this disease; for among the sons of the forest and the hardy peasant, derangements of the digestive organs are scarcely known. The sedentary life of a man in civilized society, and a host of moral & physical circumstances around him, render it a matter of impossibility that indigestion shall not follow an apparently temperate regimen; and in reality this complaint, and the irregular state of plethora which thence result, characterize nine-tenths of the vicissitudes of civilized life. If this observation be correct, which, from the high authority whence it comes, we have no reason to



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doubt, then the high importance of this subject is
sufficiently established.

As I have been for a long time severely
afflicted with indigestion myself, and have
caused reflected much on its nature and treatment,
not only as it occurred in my own person, but also
in many others, I have thought proper to make
this the subject of my inaugural essay; and hope
that my observations and deductions, after
meeting with your approbation, may hereafter
serve me as sound data in mitigating a few of
the evils of mankind.

I shall in the first place enumerate -
the symptoms as far as practicable; next I
shall make some observations on the causes and
pathology; and lastly, the treatment shall re-
ceive a full consideration.

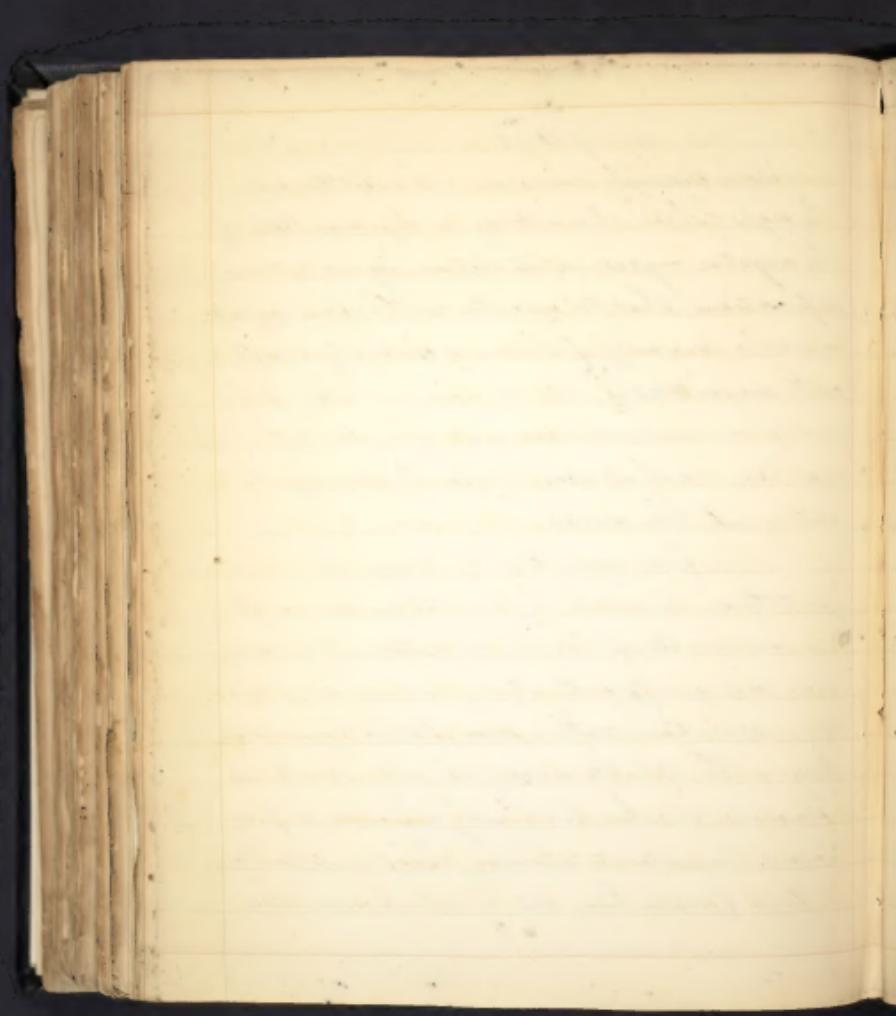


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Symptoms.

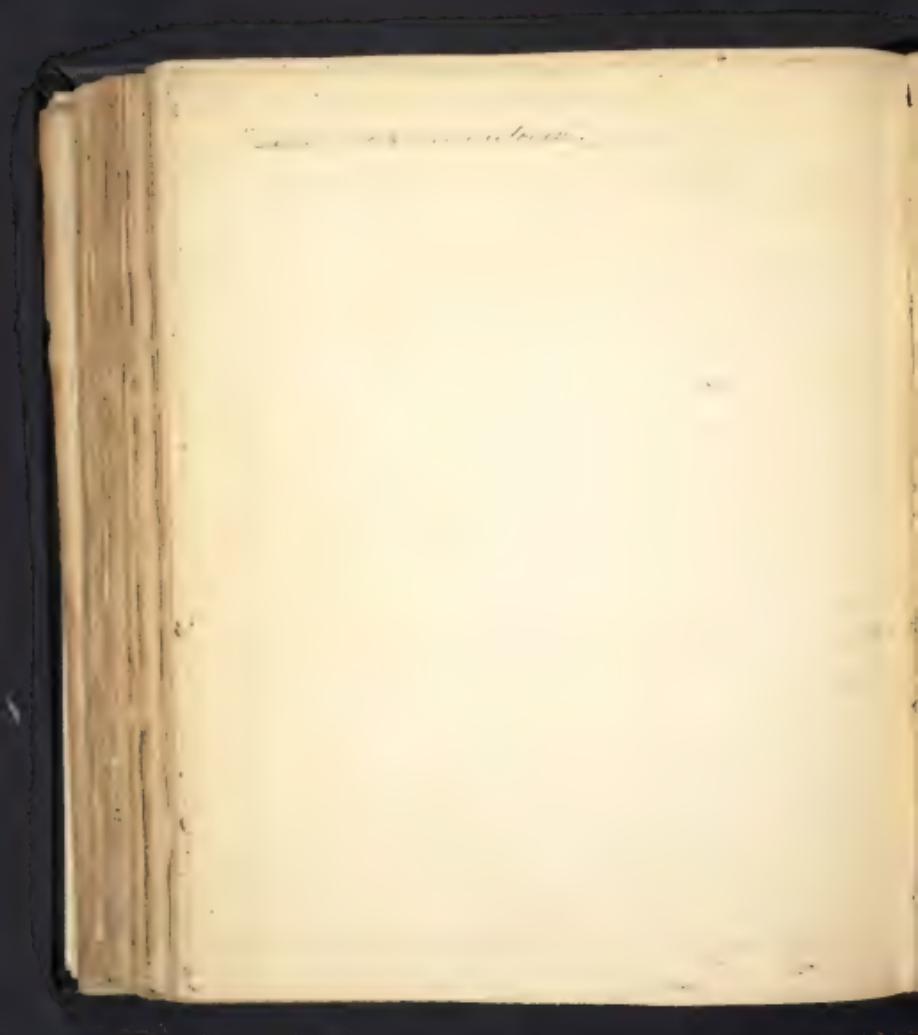
So exceedingly numerous and unsettled are the signs which characterize a depraved state of the digestive organs, in its various degrees and modifications, that to describe with accuracy all, or even a majority of them, is certainly a difficult undertaking; but by giving a history of the most prominent and common symptoms of indigestion, we shall scarcely ever be at a loss to distinguish the disease.

The first symptoms of indisposition are flatulence, indicated by eructations, sour or fetid, considerable oppression some time after taking food causing difficulty of respiration, and frequent deep inspirations, with a sense of stricture about larynx. The appetite is very variable, sometimes voracious, at other times very deficient or fastidious. The patient ordinary chearfully well, at times forsake him, and he will become dull



and hating, experiencing those peculiar sensations
designated by the term anorexia; at other times he
will be, fatigued and irritable. His bowels are alter-
nately in the one or other of two extremes either
very constipated or very loose, when in the first con-
dition, the faeces are hard and dry, formed into small
lumps, sometimes of a light colour but more general
to black, when a diarrhoea exists the evacuations
are composed of an ash colour, approaching to
white, mixed with undigested, portions of food.

This inaction may continue for weeks or
even months attending to his ordinary exami-
nations, and various but slight attention to his dis-
ease. Change in his feelings are often observed with some
warning. During this period of inattention the deranged ac-
tions become confirmed and the disease advances
slowly, but certainly upon the ~~unconscious~~ unaware
patient whose constitution will soon be undermined
by it, recognop. The interval is a latent?

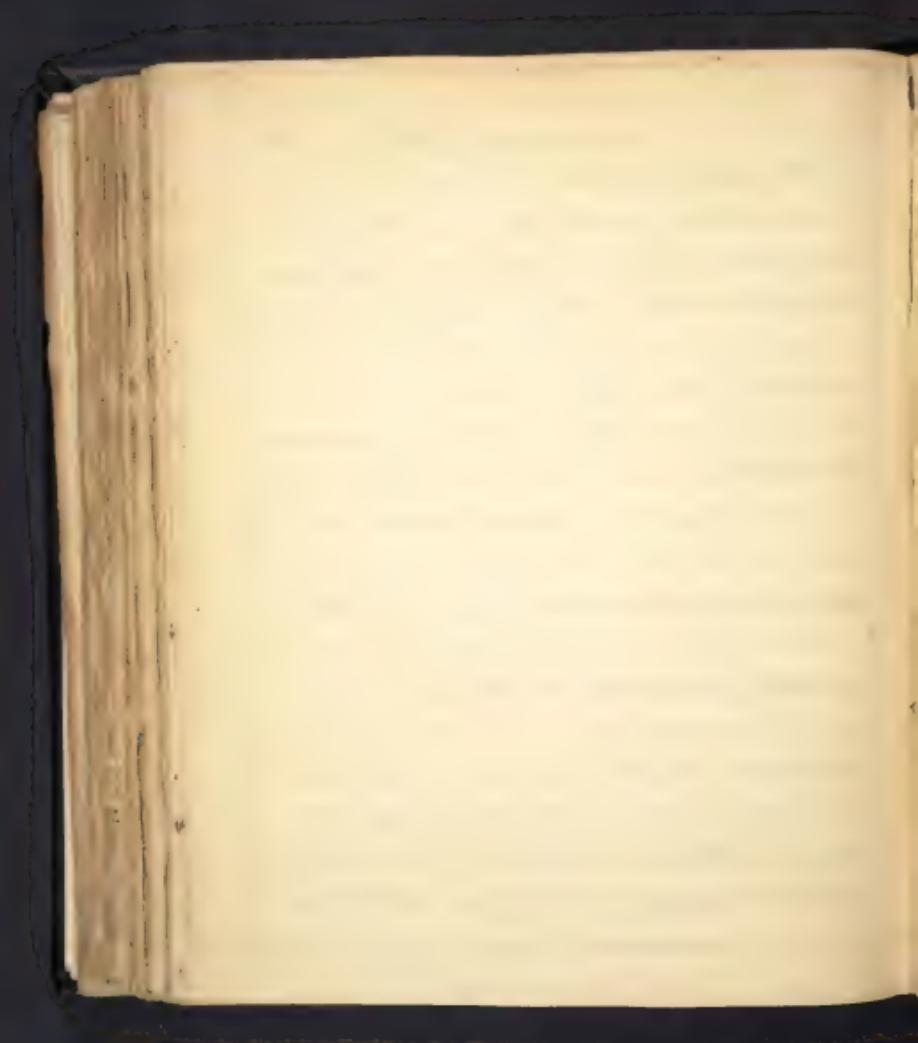


man who is absent, pursuit of some lucrative branch of ~~business~~² will be the more liable to have the disease confirmed; for his mind being deeply engag'd with the objects of his study, he will overlook all slighter sensations of indisposition, and will thus fall an easy victim to a disease to which the students are proverbially ^{subject} abnoxious.

In young cases now appears a more aggravated character. The patient becomes pale and emaciated; the muscular system flabby and relaxed; the skin dry and harsh. A burning sensation will in the palms of the hands, and the soles sometimes on the soles of the feet, but generally the feet and ankles are cold. The tongue is covered with a white fur in the middle, and particularly towards its back part, but its edges are clean, and often more red than natural. I have observed in several cases the papillæ of the tongue very much enlarged and of a scarlet colour. The pa-



kind is at this time frequently affected with
vomiting, has concretions consisting of a coarse
or acid nature, at other times resembling the
taste of putrid egg, or sulphurated hydrogen;
a complaint of an unpleasant taste in the mouth,
and very fetid breath. The stools are for the first
absolutely white like the stools of a very sick
colic & hard consistency. After these symptoms
have existed for some time, there is a tendency
felt in the epigastric region which is much in-
creased on prostration; the skin often assumes a
dark yellow, or brownish hue, and is so tightly
adhered to the subjacent parts that it is with
difficulty pinched up; the hand is sweatable,
sometimes very distressing; the pulse a small, hard,
and frequent. The head is affected with pain in va-
rious parts, but commonly over the eye-balls, a
sensation of coldness is often felt in the occiput as if
cold water were poured over it, or a cold stream



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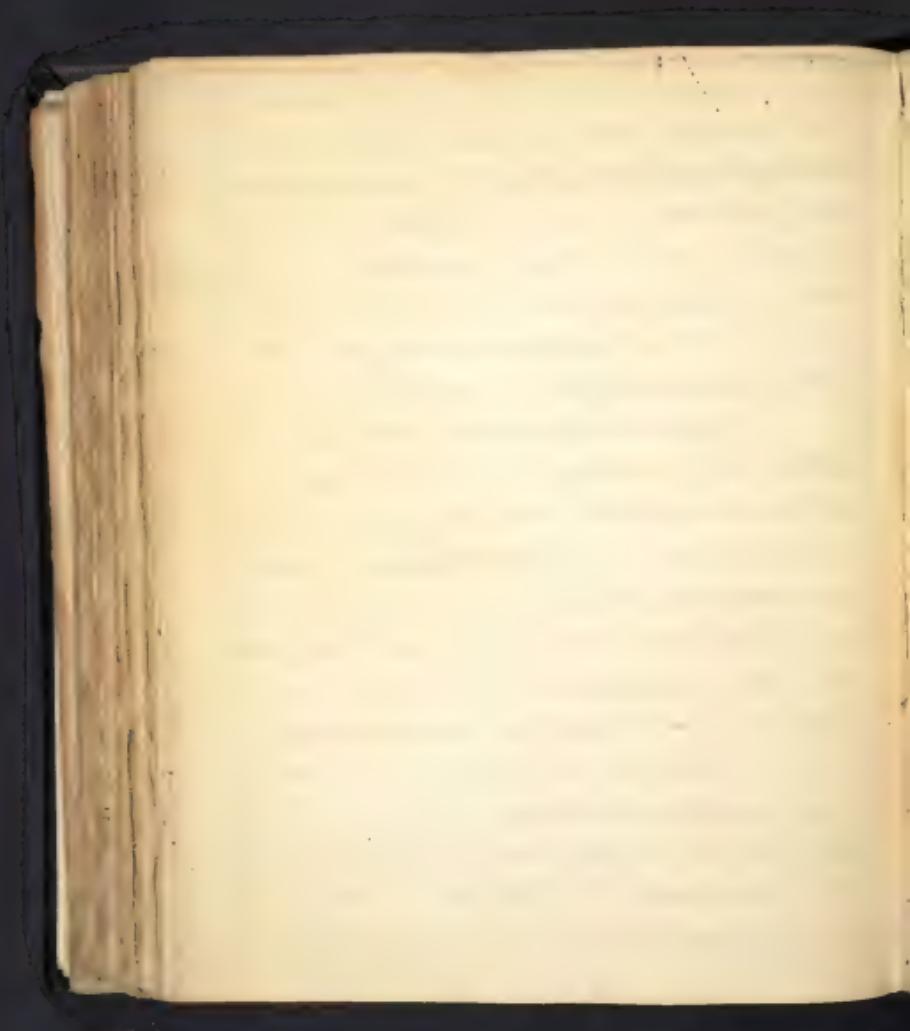
of cold air directed upon it. Vertigo - I am
accustomed to it after attention to an injus-
tice, and there are some cases where vertigo
follows it. It causes in the brain a peculiar irritation
of the muscular fibres in various parts. Convulsions
and spasms, particularly of the lower extremities.
It is sleep if such a state of turbulence occurs
that terror is very unrefreshing. - Dreams,
nightmare, frightful scenes like so many vic-
tions inexpressibly break in upon you and
disturb the slumbers.

See these corporeal sufferings are
in more tolerable than those which can
not be abated in mind. Confusion of ideas,
loss of memory, inability to fix the attention,
are the usual concomitants of spirits and sensations
attendant on this disease. The judgment also
is very often most strangely perverted. The pa-



tant is always disposed to view things in their
most unpropitious light, and this is more partic-
ularly the case in regard to his own disease. In-
creased pylorus, elevated liver, inveterated spleen, an-
swarm of the aorta, all in their most dismal
forms haunt the disengaged imagination
of the afflicted subject of usurpation.

Besides the symptoms above enum-
erated, there are several others which require
notice. the violent generation of acid in the
stomach is one of the most distressing. This some-
times exists from the commencement of the dis-
ease, at other times it only comes on after the sym-
ptoms above enumerated have subsisted, for some
time. — The patient feels an unceasingly gnawing
pain in the stomach soon being the sensation of
hunger, has aird evocative and frequent excre-
tions of a transparent viscid liquid so extremely
acid as to make the "tong stand on edge", and



give much pain on its passage through the oesophagus and pharynx. It also endets in the stomach in the vicinity of the cardiac so very sensibly that the least pressure from the gases - that are continually evolved, gives the patient much uneasiness. Pyrosis, or water brash is frequent the most truth. This is a very copious discharge of thin fluid from the mouth, having a strongly brashish taste, often accompanied with a constriction of the fauces and sometimes to such a degree as to prevent articulation. If the disease has run on in this aggravated form for a length of time the brain often becomes so ^{enervated} as to cause palsy of some of the extremitie, or even hemiplegia.



These may be counted out such as not directly upon the stomach or immediately upon it through the general system or the maximum of the mouth among the most prominent of the bad are the new vagarious practices of garnishing the too liberal use of stimulants liquors or opium, the too common practice of using or perhaps more correctly of inhaling tobacco which last cause Iregum by alone but generally in combination with others is the most common particularly among the young and frivolous. You see employment of various different stimulants such as tea & coffee or even the inconsiderate use of simple cold water to cool down the disease. Certain medicines when ingested causally irritation or too long continued are said to produce it such as citrate of soda. In alkalosis there is a great risk of it in the stomach moreover mentioned, as evidenced upon



In negative organs, as all these are irritate the general system, namely, acute disease produces excretions &c. All vegetarians I know are fruitful cases, among which may be particular mentioned a man in man, but had suspected practice of doping late horses & mepha-
toxins &c & so, they have no evidence of investigation to settle who are liable to such in the confined shapes & colors of large leaves. Bananas which are also mentioned as being the cause of the disease. As it has been already observed that dyspepsia is almost peculiar to the vegetarians. It is convenient to say what there is hopeful of recovery lies in its prevention. Intense application to study and the rearing pigeons as grief Master except you to not be, an end to the cause & investigation.

It does not seem the same of the main
secondary causes of damage destruction - not even
D.



Desire to give a few observations on the
Nature of the disease.

Pathology.

From all that I have been able to
inquire, from the physiology of the sto-
mach and the symptoms and treatment of in-
digestion, it appears to me very probable that
the disease is the result of a situated secretion from
this organ, and that the secretions of the liver are
probably of the same, as prostate of the same
situation, from the organs sympathizing with
the nervous actions of the stomach. — It is like-
wise a well established fact of the animal econ-
omy, that no secretion organ can be either over-
excited or not sufficiently excited. The secretions
hence resulting will necessarily be situated, & now
I conceive that two states of the above action
are naturally opposite, and, however, certainly



the same effects we are ⁱⁿ search of, of migration... He
may have in the last place deficiency or want
of incentive to do it so much — a man may
very well be in state of contubitility or become in
time in such a state, which indeed is most generally the
state of his nerves, in either of which cases according
to the law alone referred to, we will have
an unnatural secretion and consequently mi-
gration.

investment.

This part of our subject may be divided into Medical Treatment, Regimen, and Provisions.

Medical treatment.

... in the pathological views I have to give it will be necessary to speak of the treatment of emaciation as applicable to the adult, - or infirm state of the stomach. -

When the human is in a state of vice -



where it is often necessary to administer it. In these cases, the administration of an emetic in order to evacuate the bowels is soon followed and prepares it for the reception of other medicines. - Emetics have been prescribed to answer a different end, namely, that of subduing a diseased action, and for this purpose it is necessary that they should be frequently repeated. But often as I am willing to give both from time to time, in consequence, their frequent repetition is injurious for they insensibly debilitate the stomach when it is free from inflammation. Entertaining the above opinions then in regard to the operation of emetics, I would resort to the Specacuania as the best adapt to the disease. In some instances however, in susceptible kinds of the stomach is so much injured, that it becomes necessary to add a grain or two of Tartarized Antimony to the Specacuania in order to give it activity.



feel should be to impel the strength to the
stomach in cases of tonics, upon which, under
dyspepsia circumstances as they occur must
be placed. There is scarcely a single medicinal
consideration in this new or tonical state, but it is
not at all equal to other less complex in its
operation, and the chief object to be kept in view
is not so much the quality of selection, as the
sufficient choice of these remedies. Experience has
taught us that if a tonic is indeed very weak,
is continued for too long a time, the system will
become habituated to it and its efficacy will
in a great measure be lost; and as chronic disease
require chronic remedies, as is remarked by Prof
Foster Cope, this fact should never be lost sight
of in the cure of dyspepsia. Colombo, Cention,
Lupisia, Anisostoma, Gentiana, wild cherry bark
are all proper articles and may, be judicious



be in their tumors. Infusions are generally more appropriate than the substance, as leaves a less tendency to give up in stomach. I tried the Sulphate of Quinine in my own case in the dose of one grain four or five times a day, and as I thought with decided advantage. The principal objects I have noticed for its use by the well known are in speaking very highly in their favour. The preparations commonly employed were the Muriated Tincture and the following powders. —

1. Sulphate of Quinine,

2. Sulphate of Tartar.

3. Sulphate of Zinc. 2 g.

Dissolve into 34, powders are to be taken two times a day in a little Syrup.

During a severe, violent fit of treatment great attention must be paid to the state of the bowels which are generally too stiff. One of the means



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I am acquainted with your abating Sputum & its
relation of each obnoxious or disease emanation
as a portion in your abating this. I own
there should not be the less natural excretion
We shall find often much better to have
the sputum, in establishing a less & regular
excretion less. But when these cases fail, we
will call on the aid of medicine. It will often
forwards both tone and inveterate protracted, as
well as apt in these cases, to the inhabitants state
of the obstructions. It may be given in powder in
the dose of 10. 15 or 20 grains or when a very
new & small pell may be about the
sputum & retained. The medicine is a preparation
never resorted to but it is obnoxious in a
cancer of the bronchial membrane, the obnox-
ious retains in it times, but appears peculiarly
useful in chronic diseases where the patient is
obliged to repeat the dose frequently. Many



it be in solution perfectly being used to suffice
even its in action on the lower intestines.

It may be given in the dose of from two to six grains
made into pills with a little soap. I prefer this in
the same dose is often a useful laxative and has
besides the property of raising the dejected and
spirits of the nervous and lethargic dyspeptics.
In medicine however which I found most useful
in my own case, and in several others in which
I have seen prescribed, is the following combi-
nation recommended by S. Chapman —

By Prof. N. A. Browne

— Alum Soc: 3 p.

— Specae: 305 x.

— Barai qit. x.

Divide into 30 pills: one, two, or three to be taken
at bed time as occasion may require.

Sometimes the barrels are on the opposite ex-
treme of passivity, and it then becomes necessary to



restrain them by appropriate measures.
The Laudanum may be given or the
tinctures, steep either alone or combined with the
bals of Tinct.

There has a great oppression and weight
in the epigastric region, a little calced magnesia
in conjunction with some of the aperient oils
will frequently relieve it, when the magnesia acts
too much upon the bowels prepared shells or
oyster shells may be substituted. I derived
benefit in my own case from the use of aqua
ammonia and I trust its effects might be improved
by combining it with peppermint water or spr.
its of lavender: wine water will also be found use-
ful by neutralizing the acid and discharging the
gases. One of the best means to relieve these very un-
pleasant sensations, is sipping a bowl of water as
hot as it can be taken. In relation to giddiness which is
often a true alarm at this stage of the disease, the



and it is worth not to go to the
opera - stages. This box is not to be put into by
any of the W. 19th. The inside of it is worth less
than much of what I have. I took it on my own journey
without any adventure.

It's come now to treat of the treat-
ment of the more aggravated cases of indigestion or
where the means used of the stomach are sometimes
of the sudden onset hastening on chronic indiges-
tation. The cure is rare. Some of course it can subdue
the inflammation and restore healthy action to
the parts. General blood letting will probably seldom
cure you long, but when the patient's strength is
considerable this has its day. The pulse much
soaked and the digestion very tender I may
more useful. It is a great letting however is
commonly unavoidable. Local extraction
of blood has been too much neglected. It appears
to me probable that the stage of indigestion might



be managed with much greater facility, if we were
more in the habit of viewing it as a state of extreme
phlegm, and treating it according to such a known
affection of the body. In this, nothing but the proper
repetition of local depletion & draws of the
arteries would be useful; than that recommended by Mr
Etheridge, and so successfully applied for many
years by myself to the local Hustle of Reading.
This is to be, however, a use of the blue tincture. It
is preferable that this remedy operated by submerging
in a strong solution of the saffron, and instilling
a small quantity into the glottis, and the change
of position on the secretion in general and that of
the liver particularly should also be taken into con-
sideration in accounting for its efficacy.
In this, I have seen it is believed, not that
in which I took it in the case of you a few years
ago of the way as advocated to be made by the
American to be worn long every evening, a very fine



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exercising, directing the patient at the same time to take one of the following powders daily a hour before dinner:—

3. Sennet, 3. Sarsaparilla, 3. Aloe.

It is not always

possible to be, and

in prescriptions worth a consideration with the institution of a proper habit of constipation, going to stool, will never fail in the course of a short time to keep the bowels free. The use of the blue oil should never be carried to intent of softening the patient. To such a degree, some, of the physicians, do say, & soof that the patient is under the influence of mercury, is not in vain. A most inveterate case of the same is about to prove us right, as the colour of the glass from being very sent to a right, now resembling better, power of the bark.



and can it be safe to do so, and
what has a few hours a day in him such an
influence on the course of his disease, and I have
no doubt when will be so far, to expect, that
I am myself in health and sound now, but I
am disposed to attribute its failure to an ill-timed
subscription, and it will be right to give him to
examine on his graduation with the M. D. of
Blaugrill?

After the tendency of the epigastric vein
has been in some measure removed by the above treat-
ment, and the tongue assumes a more healthy &
purer appearance, tonics will be found of unquestionable
utility. I will not, at present, be
tractary to recommend tonics when there is still
a degree of inflammation, until I have, say,
given attention to the difference between the in-
flammation & strength of a part, as shall es-
pecially perceive that an organ or part that is a



that of volatility, is still liable to a low acute inflammation, & too violent one - more liable to be a strong part, of them a weak part is more liable to take up inflammation from a strong one, & to tend give strength to thin parts, this ability in this case will it may be known, to me, tend to an attack on the other hand but tumors may be incipient acute but must be deterrimental with inflammation where it exists. The reasoning is to a conclusion & but correct, when applied to acute inflammation, but I think it is pretty well established. But chronic inflammation occurs in those parts where volatility is different or in other words in weak parts. You see we have a weak part on which a low inflammation existed, but has been removed by deficiency measures, which leaves it to a concretion so analogous to a simple stable state that in its treatment it may be conducive and as such. By, now who does not see with me.

second man be given in the case for the obligation
of the little people

opinions, not only in the treatment of, in digestion but
also of several other diseases, as chronic rheumatism,
indolent abscesses, &c. but mostly cases under
these circumstances or the expressions of the simple
bitter such as colic, gout, rheumatism.

After we have drawn a sufficient quantity
of blood by cupping & leeching, and along with the
inner and external treatment, it will often be
very useful to draw up in imitation of the skin
to cover by means of blisters or tartar extract ointment.

Then the patient is bound up with hot cloths
some symptoms, fetor of breath, the char-coal will
be found useful.

In this case there is a continual ex-
cretion of water in the stool, & the stool is
the mucus and will be less & less moist.
It is the Tartaric acid that gives the very
dry stool, after having affected in this, for the
manner for nearly three months, and after two

1. *On the 1st of October 1863, at 10 a.m.*
2. *On the 2nd of October 1863, at 10 a.m.*
3. *On the 3rd of October 1863, at 10 a.m.*

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involvement in business, from a variety of causes
and taken at the instance of several of the most
distinguished physicians in the country. It is
the belief of these that the disease of opinion
and not the nervous system itself, is the cause of the
illness. The physician who has been a day
or two present to my son, to whom it con-
tinues to appear a very singular disease, has
made the suggestion that it may be
of some value to add, as they will generally be asked
by a removal of the patient.

May 10th 1861

For the sake of the report of the
Committee of the Union on the subject of
a negotiation, and in view of a very clear
case to be made, it is the opinion of the
Committee that it will be of great service to
them to be paid to represent.

Now, sent to the Committee to be treated and

the name of the author. There is no name to be seen
on the title page, nor is there any date, and the title
is written in a very simple and unadorned hand.

True beans say. The next month.

1753.

My observations lead me to believe
that a small diet or high proportion of legumes
of this kind, should be the only diet to be
followed when rheumatism does not subside, in
order to cure it. It will then be necessary to explain
what is meant by a small diet. It is, of course,
to subsist exclusively on such basic staple beans,
that are high in proteinable proteins, now, not then.
This, and is to be born in mind a day or two that the
weather is over it under sun, or otherwise whatever;
except the one above specified. In one I will in
all probability disagree with the first part, for first
or six days at first but on the course of a few weeks
it will be more readily on the standard dinner
any thing else, and in the majority of cases
will become very palatable.



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It may not be impertinent to say a
few words on several preparations of wine and
ale for use. — My words on this subject
may if you prefer are unimportant to those who
from social practice or inference know not how
to appreciate them; but in the hands of a
man, who is aware how much it is the duty
to the small master of the minister to the com-
fort of his patient, they may make some difference.
Brandy punch is a very agreeable beverage but
its long continued use may become objectionable
on account of the brandy it contains; as an
aliment however it may be admitted. A
punch is prepared in the following manner. To a pint
of your new punch add a tablespoonful of the
old brandy, with a sufficient quantity of loaf
sugar and water to make it pleasant. Mix it
properly, sweeten with sugar, and when taken with
a few drops of stale beer; or sometimes giorno

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and the author's name is not mentioned in the title page, but the author is clearly indicated in the text itself.

The author is a man in about his middle or middle late years. His style is very rhythmic and musical, but not elaborate. His command over language is not very great, but there is no difficulty in understanding him. He is not a poet, but a man who is able to speak with a musical accent. He is not a good writer, but he is able to express his thoughts clearly and effectively. He is not a good speaker, but he is able to speak with a musical accent.

a very agreeable dish. But one of the most favorite
it, to a nation is that called, Concasse, - it is formed
of Concasse milk with coconut rice and coconut oil
mixed with a suitable quantity of coconut rice or
rice straw. You will see when it is made in bed for a
long time so as to become, sharp & savory and
may then be seasoned with salt & a little
mace & it may be turned into a curry dish
with milk and sugar.

... or even, as we are unable to procure
the cause of such Specie, I would prefer to a
small publication by a Name of Philadelphia,
entitled Observations on the sick Headache.
and calculate with most ease, pleasure,
and safety to the houses of every physician and
apothecary I shall be unceasany to make my
lectures from it.



Drinks.

The best kind of drink, as a general rule, is simple cold water not too cold, and if there be any thing required beyond this let there be a little good brandy added. Water taken as hot as possible will allay thirst and remove oppression most effectually. Malt liquors are generally interdicted, but my brother, Dr Isaac Hister, has been in the habit of a number of years, of recommending good porter or ale to his patients with weak digestion or gouts with effects the most decidedly beneficial. Water flavoured and associated with other articles makes a very pleasant drink, and in my own case I found it beneficial to remove acidity and give tone to the stomach.

Exercise.

It will be readily perceived from all that has been said that exercise is a very impor-

The diligent use of the flesh-brush morning and evening is a most powerful restorative means, and should never be neglected.

From the experience I have had in my own case I would suggest the use of the tepid or cold bath where it is followed by an agreeable ^{upon} friction upon the surface. The bath should never be taken immediately after a meal.

best measure in the cure of indigestion. The rules in regard to this are few and simple. — Exercise on horseback should always be preferred, and a journey of some length, moderately pursued, is preferable to short rides in the neighbourhood. — When riding is out of the patient's power, walking must be substituted, but it should never be carried to fatigue. Exercise should be avoided when the stomach is empty, nor should it be taken immediately after eating, but, on the contrary, the patient should sit in a recumbent position for the space of an hour after every meal. — These rules must be steadily adhered to, not merely for a short time, but until the cure is accomplished.

